

# PESCATARIAN PORTION CONTROL CHART

## Vegetables

**Portion:** 2 Handfuls

Leafy greens, broccoli, peppers, carrots.

## Seafood/Protein

**Portion:** 1 Palm size

White fish, salmon, shrimp, or legumes.

## Complex Carbs

**Portion:** 1 Cupped hand

Quinoa, brown rice, oats, or sweet potato.

## Healthy Fats

**Portion:** 1 Thumb size

Olive oil, avocado, nuts, or seeds.

Meal Component	Visual Measure	Daily Target
Non-Starchy Veggies	Open Hands (2)	5+ Servings
Fish / Plant Protein	Palm Center	2-3 Servings
Whole Grains / Fruits	Clenched Fist	2-4 Servings

<b>Meal Component</b>	<b>Visual Measure</b>	<b>Daily Target</b>
Fats / Oils	Thumb Tip	2-3 Servings

*Standard 9-inch plate distribution: 50% Vegetables, 25% Seafood/Protein, 25% Whole Grains.*